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COOPERATIVE EXTENSION WORK IN AGRICULTURE  
AND HOME ECONOMICS

U.S. Department of Agriculture  
and State Agricultural Colleges  
Cooperating.

States Relations Service, Office of  
Extension Work, North and West,  
Washington, D. C.

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HOME DEMONSTRATION WORK.

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SUGGESTIONS FOR FOOD CONSERVATION CAMPAIGNS

UNDER THE LEADERSHIP OF A HOME DEMONSTRATION AGENT

INTRODUCTION

Food conservation work in the war emergency is a patriotic service in which the home demonstration agent should find little difficulty in securing co-operation and assistance in her plans. Her main problem will probably be the organization of her people, their organizations and equipment, in a harmonious, wide-reaching and effective community campaign. The home demonstration agent must be a leader as well as a teacher, spending a considerable part of her time in organizing and supervising committee activities.

Suggestions are here made for six special campaigns to be under the direction of special campaign groups. These campaign suggestions have been purposely made comprehensive and general rather than specific and detailed so that they may be of service throughout the North and West in both rural and urban districts. It is realized that local campaigns will vary greatly because of variations in local conditions, but it is hoped that these general suggestions will be of service in harmonizing the aims of food conservation work and in helping to indicate the possible range of effort which may be of National service.

The six special campaigns which are suggested for the guidance of the home demonstration agent in cooperation with the local women's committee are:

- (1) for increasing food production and stimulating food-producing industries;
- (2) for the economical use of local, perishable, and unusual foods; (3) for food preservation; (4) for the conservation of special foods; (5) for the elimination of waste; (6) for maintaining adequate standards of health and diet.



## ORGANIZATION OF A SPECIAL CAMPAIGN

After it has been determined what campaign or campaigns the women's committee will take up, a member of the executive committee is designated as the leader of a campaign, as for instance the campaign on increased food production. The leader selected, her assistants on the various neighborhood committees, and the home demonstration agent will then work out definite plans for the special campaign in view. This tentative plan for work should be discussed by the executive committee and the home demonstration agent and when finally accepted should be made a part of the program of women's work for the county. Full responsibility for carrying on the campaign thus planned would rest on the home demonstration agent and the committee named for this special campaign, working under the general leadership of the executive and neighborhood committees and in cooperation with other women's campaign groups and with the men's agricultural campaign group.





## I. INCREASING FOOD PRODUCTION AND STIMULATING FOOD-PRODUCING INDUSTRIES

### PURPOSE

Women can be of definite war service by helping to produce more food, by helping to make more naturally-produced food available and by preparing certain products at home or in community groups so as to lessen the labor required in food manufacturing establishments, securing at the same time what may be a more desirable product. In the food production part of this special campaign the women's work will be closely related to the men's agricultural work and all plans should be made in cooperation with them.

### SUGGESTIONS FOR CAMPAIGN ACTIVITIES.

As continued individual work under educational supervision and direction is needed in this campaign, best results can probably be secured if clubs are organized for the various kinds of work on a community, competitive basis. Lectures might also be given if desired to stimulate additional individual effort. Below are lines of activity which might be followed in certain localities:

#### Increased Food Production.

- More poultry-raising
- More bee-keeping
- More home gardens . . .
- etc

#### Securing Naturally-produced Foods.

- Picking wild berries and other fruit
- Nut-gathering
- Fishing, crabbing, etc.
- Collecting edible wild plants.

#### Community or Individual Food Industries (other than Food Preservation)

- Cereal grinding
- Making simple cheeses
- Making syrup from sorghum, maple sap, apples, and beets
- Making home beverages
- Butter-making
- Soap-making
- Fat-rendering
- Bread-making

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## II. THE ECONOMICAL USE OF LOCAL, PERISHABLE AND UNUSUAL FOODS.

The tendency in meal planning has been toward the use of foods that are appetizing and enjoyable regardless of where they have been produced. The various perishables have been used if they fitted in well with the days' menus, but little responsibility has been felt for completely utilizing them so that none would be lost. People have often hesitated to try unusual or unaccustomed foods, even though they were nutritious and available in considerable quantities.

### PURPOSE

During the present war emergency the pressure on transportation requires that local foods not needed elsewhere be fully utilized locally, and that no unnecessary demand be made for food produced elsewhere. The limited world food supply requires that perishable products be used or preserved rather than allowed to deteriorate, and that no edible or nutritious substance be neglected if suitable for human food. War meals should, therefore, be planned to use local foods (not especially to be conserved), perishable foods and unusual foods to the maximum amount consistent with health and nutrition, thus preventing their waste, reducing the consumption of wheat, meat, butter and other foods to be conserved, and insuring minimum dependence on outside sources for the local food supply.

### SUGGESTIONS FOR CAMPAIGN ACTIVITIES

The exact plan for the campaign activities will vary according to the part of the country where the work is undertaken, the quantity and kind of foods available, and whether the district is chiefly urban or rural. In the main it would probably seem desirable that the work of this campaign group be along the following lines: The provision of information concerning foods and the arousing of interest among women in the use of suggestions offered might be carried by lectures, press notices



special bulletins, posters, telephone news service, etc., and should be done in close cooperation with the Agricultural Department of the Farm Bureau, various marketing organizations and any others in touch with food production and distribution. Education in the wider use of common foods and new foods might be carried on by demonstrations, lectures, publicity and general meetings for the exchange of personal experiences.

Following are the topics which might be included in this part of the campaign:

Wider use of apples, peaches or other fruits locally abundant.

Greater variety in the serving of common vegetables.

Greater use of vegetable fats.

Utilization of under-sized or otherwise imperfect fruits and vegetables.

Utilization of local cereal products.

Use of--

Edible weeds, wild berries, fruits and native nuts.

Local fish supply.

Entire grain products in place of those highly milled.

Unusual cereal products (kaffir corn, etc.)

Peanuts and peanut products.

Soy and velvet beans.

Cotton-seed meal.

Cheeses.

Milk, sweet and sour.

Mushrooms.

Herbs

etc.

1890

### III. FOOD PRESERVATION.

Home demonstration agents are already experienced in organizing groups for food preservation work and in giving them necessary instruction. The emergency campaign will, therefore, be simply an enlargement of work already started to insure the more complete utilization of all food produced and such modification in methods of preservation as shall lessen the demand for sugar, tin and other "war supplies.

The campaign committee in conference with the group of workers on the use of local and perishable foods should determine the approximate amount of food available in excess of immediate demand and the time when such food should be preserved. They would also secure information regarding the organizations already active in this work and the available equipment for food preservation.

#### SPECIAL EMERGENCY NEEDS IN FOOD PRES- ERVATION

The campaign committee should devote its energies to encouraging the following activities:

Preservation for future use of all suitable perishable products in excess of immediate demand.

The provision by each family of a sufficient supply of varied preserved foods to meet their own requirements and as much preserved food in addition as possible to assist in national needs.

The utilization of all jars on hand, and the preservation in them of only such foods as can not be successfully preserved in other containers.

The larger practice of food drying in order to lessen the demand on special containers, reduce bulk and weight of the food product and lessen danger of spoilage when exposed to extremes of temperature.

The practice of brining and salting certain foods in order to lessen the demand on special containers as well as to teach an easy economical method of food preservation and storage.

#### SUGGESTED COMMITTEE ACTIVITIES

Cooperation with, and provision of assistance if necessary to groups already organized for food preservation work (garden and canning clubs, mother and daughter clubs, camp-fire girls, boy scouts, etc.)





Helping in the formation and supervision of neighborhood groups for food preservation who meet in homes or neighborhood centers and use their own equipment and supplies or purchase and use them cooperatively.

Equipping, organizing and supervising community centers for food preservation on a larger scale, which might be used by individuals or groups in the preservation of their own products or for the preservation of surplus food for future local and national demands, war relief, etc.

Securing the interest of food producers and food dealers (market gardeners, fruit growers, fishermen, poultrymen, commission merchants, produce dealers, etc.) in preserving excess food or in sending it to community centers for preservation.

Giving instruction by demonstration in food preservation by canning, drying, salting, and brining.

Finding a market for foods preserved in excess of individual or group needs.





#### IV. CONSERVATION OF SPECIAL FOODS

The National food administration has requested that wheat, fats, sugar, and certain meats and meat products be conserved. Later they may request the conservation of other foods. The success of the war, we are told, depends to a large extent upon the cooperation of the people in such conservation, and the work of the Special Campaign Committee on the conservation of special foods is therefore most important. This work should be in harmony with the directions of the National and State food administrations. Any advice given should be authorized by the administration and their campaign plans should be followed as far as practicable locally.

##### SUGGESTIONS FOR CAMPAIGN ACTIVITIES

The special campaign committee can assist by:-

Giving full local publicity to the requests of the food administration, through newspaper notices, posters, bulletins, exhibits, lectures, etc.

The distribution of registration cards, pledge cards, etc., personally and through existing organizations.

Giving demonstrations to teach substitutes for food to be conserved, in cooperation with the campaign groups on use of local foods and adequate diet and health.



## V. ELIMINATION OF WASTE

Especially during a period of world food shortage, avoidable food waste of any kind is inexcusable. Waste comes from lack of thought and care as well as from lack of knowledge concerning waste prevention. Its remedy would seem to be the stimulating of the consciences of men, women and children so that they will all constantly avoid waste, as well as the provision of such education as will make this avoidance easy and sure. The campaign against waste will probably, therefore, require different management from the more purely educational campaigns, and its special details and problems will require careful individual consideration by the home demonstration agent and her committees. They should study the channels of waste which seem important locally, and decide what attempts should be made to block these channels, either by the efforts of the group alone or by its efforts in cooperation with other of the campaign groups.

### ORGANIZED WORK IN REDUCING WASTE

Some waste may be lessened by action of the home demonstration agent and the campaign group along one or more of the following lines, selected according to local needs:

#### Farm

Securing interest of producers in careful and complete harvesting.

Securing interest of producers in employing proper methods of packing and storage.

#### Transportation

Securing interest of transportation agencies in reducing food waste by delay in transportation and carelessness in handling.

#### Market.

Securing interest in the establishment and patronage of local public markets, if necessary, for the more complete utilization of food products.



Securing interest of market commissioner, health commissioner, or other public officials in enforcing suitable standards for food protection in markets, pushcarts, butcher's and huckster's wagons, etc.

Securing interest of food dealers in preventing food waste in their particular stores and in the stores of other dealers.

Securing interest of women in trading with clean stores, and buying food without handling it or allowing it to be handled so as to hasten its deterioration.

Securing interest of women in buying systematically and carefully, and only the amount of food which can be completely utilized before deterioration.

Home

Securing interest of women in personally striving for the reduction of waste in their own homes and influencing others to do likewise.

Securing interest of women in having properly-equipped storage spaces for the various kinds of food.

Securing interest of women in learning thrifty methods of cooking and utilizing food materials frequently wasted.

SPECIAL  
SUGGESTIONS

These various lines of activity might be undertaken by the campaign group in the form of personal effort or the use of exhibits, demonstrations or lectures.

ILLUSTRATIVE  
MATERIAL AND LEC-  
TURE SUGGESTIONS

Charts, posters, photographs, lantern slides, models, etc., might be secured to illustrate certain essential points and might be used as permanent or portable exhibits or as illustrative material for lectures and demonstrations. Following are some suggestions concerning topics which might be treated illustratively or used as the basis for lectures:

I. PREVENTING LOSS OF FOOD ON THE FARM

Protecting from insects.  
Careful harvesting.  
Desirable packing methods.

II. PREVENTING WASTE IN TRANSPORTATION

Prevention of avoidable delays  
Prevention of improper handling.





### III. PREVENTING LOSS OF FOOD IN THE MARKET

- Sanitary display cases for food.
- Prevention of "sampling" and handling of food.
- Food protection on food carts and delivery wagons.
- Proper care of milk.
- Proper care of meat and fish.
- Prevention of cereal products from deterioration.
- Protection of fruits and vegetables.
- The care of bread and bakery products.
- Careful selection of food.

### IV. PREVENTING LOSS OF FOOD IN THE HOME

- Suitable food storage places and equipment.
- Essentials of a good refrigerator.
- Proper use of a refrigerator.
- The care of winter vegetables and fruit.
- The care of perishable vegetables and fruit.
- Prevention of spoilage of milk, meat and fish.
- Preservation of eggs.
- Care of bread and other baked products.
- Prevention of molding and drying of cheese.
- What should not go into the garbage pail.
- Good cooking and attractive serving.
- War-time rationing by table service.

(Loaf of wheat bread on table to be cut as needed.)  
Individual small serving of butter and no extra supply on table. Generous servings of cereals and breads other than wheat. Meat prepared so as to be easily served in small portions. Large serving dishes of vegetables and fruit from which people can be served as desired. Small servings of cake and other sweet foods.

#### DEMONSTRATION SUGGESTIONS

Marketing trips to study store conditions and thrifty buying methods.

Demonstrations of use of food materials often not fully utilized (fat rendering, soap making, use of vegetable tops, meat and fish bones, etc.)

Demonstrations of use of left-overs.

Demonstration illustrating the importance of accurate measuring and mixing, and careful cooking.

Demonstration of table-setting and food-serving so as to avoid waste.

#### SOURCES OF WASTE

The points requiring special emphasis in the campaign will vary according to the part of the country where the work is undertaken, according to whether the district is chiefly urban or rural, and according to the living standards and living conditions of the people. Following are a few suggestions concerning possible channels



of waste, from which might be selected the special wastes to be attacked in the local campaign:

PRODUCTION

TRANSPORTATION  
AND STORAGE

Lack of care in production and harvesting.  
Incomplete harvesting.  
Poor packing.  
Avoidable delay or improper handling or delivery in transportation.  
Delay in proper storage.  
Lack of suitable storage spaces and food containers.  
Inadequate refrigeration.  
Exposure to insects and animals.

UTILIZATION

Failure to use perishable food promptly.  
Failure to use left-overs completely.  
Failure to use all food materials  
(fats, vegetables, tops, meat and fish bones, etc.)  
Leaving small portions of food in mixing and cooking dishes.  
Lack of accurate measuring and mixing, so that food is not palatable.  
Allowing food to become scorched or otherwise spoiled in preparation.  
Providing over-generous portions in serving.  
Failure to eat all food served.



## VI. MAINTAINING ADEQUATE STANDARDS OF HEALTH AND DIET

### ORGANIZATION

The health of a nation at war is important, as well as the conservation of its food supply. The peace campaign for better nutrition and health should be carried on to the utmost degree as part of the war work. This campaign will be especially necessary among city families of small income where normally the diet is barely adequate and where there is little knowledge of nutritive essentials to guide in the dietary changes necessitated by the high food prices and the shortage in the staple food supplies most commonly used.

The special campaign committee should determine what essentials in nutrition seem most in danger of being neglected, what groups of people need especially to be reached, and in what manner the work can best be carried out.

### SPECIAL DANGERS IN NUTRITION

It should seek remedies for the following practices:

Failure to substitute suitable food and combinations of food for that being omitted from the diet.

Too small use of milk, especially with children.

Too small use of fruits and vegetables.

Over-dependence upon tea, coffee and other stimulants.

Neglect of special food needs of children.

Improperly cooked foods.

Irregular meals.

Poorly selected meals.

### SUGGESTIONS FOR CAMPAIGN ACTI- VITIES.

Considerable progress will result from:

Cooperation with health agencies in efforts to improve health and dietary standards.

Teaching the health importance of clean food and hygienic food habits.

Securing interest of men, women, and children in eating wisely.

Teaching nutritive essentials of the diet and nutritive values of food.

Teaching proper feeding of children.

Organizing and assisting in the operation of school lunch service, public kitchens, etc., if necessary locally.

Teaching nutritious meal-planning, according to available foods. (In cooperation with the campaign groups on Use of Local Foods and the Conservation of Special Foods).



METHODS

This campaign might be carried on by use of exhibits, lectures, bulletins, newspaper articles, demonstrations; through a cooperative training course for social workers, teachers, and others in close touch with families needing dietary advice; also by cooperation with institutions, restaurants and cafeterias desirous of planning better menus and educating people in better food habits.



